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“UNBREAKABLE” on Bright U: The spike protein that wouldn’t leave

08/31/2026 // Belle Carter // **980** Views

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- Chapter 2 examined how long spike protein or related vaccine material may remain in the body, challenging early expectations that mRNA would disappear within days and spike protein within weeks.

- It cited studies reporting spike-related material in blood for 28 days, in some blood samples up to 187 days, and in circulating immune cells for as long as 245 days.

- The episode discussed a 2025 Yale study involving people with post-vaccination syndrome that reportedly detected circulating spike protein in some participants more than 700 days after vaccination.

- It explored how exosomes and circulating monocytes might transport spike-related material through the bloodstream and potentially into different tissues, alongside reports of vaccine mRNA in lymph nodes and cardiac tissue.

- The chapter argued that these findings warrant further investigation into how long biological remnants persist, whether they remain biologically active and what effects they might have.

How long does spike protein actually remain in the human body? That question drove Chapter 2 of "UNBREAKABLE," streamed on BrightU on Aug. 30, as Mike Adams examined

research he said challenged early assurances that vaccine-related mRNA would disappear within days and spike protein would be cleared within weeks.

The chapter followed the trail of spike-related material through blood, immune cells and tissues, presenting a portrait of persistence that raises significant questions about long-term biological exposure.

Adams began by explaining the spike protein's structure and its relationship with ACE2 receptors, which are found in numerous tissues throughout the body. From there, the discussion turned to the central mystery: what happens after the initial exposure? The episode reviewed studies reporting spike-related material at increasingly distant points in time, including findings cited by Adams showing spike protein in blood weeks or months after vaccination, in circulating immune cells for many months and in postmortem tissues including lymph nodes and cardiac tissue.

One of the chapter's most striking threads involved the possibility that biological material can move well beyond its original point of exposure. Adams discussed exosomes – tiny extracellular vesicles used by cells to transport proteins and other molecular cargo – as a potential distribution mechanism. He also examined circulating monocytes, immune cells that travel through the bloodstream and can enter tissues, proposing that their ability to carry spike-related material could help explain findings in different organs.

From days and weeks to months and years

The timeline became increasingly consequential as the episode moved through the studies cited by Adams. One 2021 study discussed in the chapter reported spike protein in plasma for up to 28 days after vaccination. Another study reportedly detected spike fragments in half of the blood samples examined as late as 187 days after vaccination. The chapter then turned to a 2025 Yale study involving people with post-vaccination syndrome, which Adams said found detectable circulating spike protein in some participants more than 700 days after their last vaccination.

The discussion also highlighted research involving the S1 subunit of spike protein in CD16-positive monocytes for up to 245 days in people with post-vaccination syndrome. Adams quoted lead Yale researcher Akiko Iwasaki saying, "That was surprising to find spike protein in circulation at such a late time point."

The chapter then explored autopsy findings, including reports of vaccine mRNA in axillary lymph nodes and cardiac tissue after vaccination. It also examined a 2025 Nature study concerning TENT5A and the possibility that immune-cell activity could extend the lifespan of vaccine mRNA by modifying its poly(A) tail.

The result was a provocative investigation into a question with enormous implications: if biological remnants can persist far longer than initially expected, where do they go, how long

do they remain biologically active and what – if anything – do they do while they are there? Chapter 2 promised to pursue those questions.

Want to know more?

Discover the concepts explored in Mike Adams' "UNBREAKABLE" course, which examines DNA integrity, cellular repair pathways, radiation exposure and the relationship between nutrition and genetic resilience, streaming on BrightU. Across 12 chapters, the course takes viewers through the fundamentals of DNA damage and repair, including NHEJ, homologous recombination, double-strand breaks and cellular mechanisms involving BRCA1, 53BP1 and CHK1. It also explores Adams' perspectives on spike protein, nuclear fallout, environmental stressors and the nutritional strategies he believes may support DNA repair.

Whether you're new to the subject or looking to explore the science presented in the course in greater depth, you can purchase the "UNBREAKABLE" course package here to learn more about its framework for genetic preparedness and cellular resilience. Upon purchase, you'll gain access to the full 13-chapter course and accompanying educational materials covering DNA repair, nutrition, environmental exposure and Adams' proposed strategies for supporting the body's natural repair mechanisms.

Sources include:

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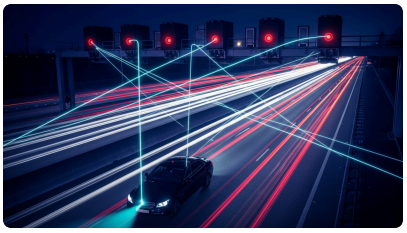

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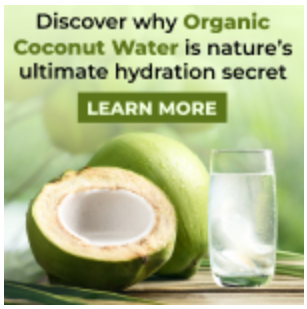

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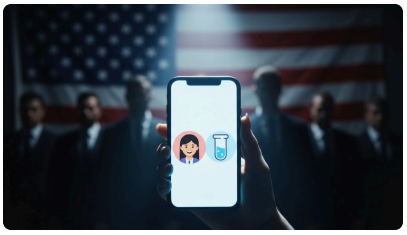

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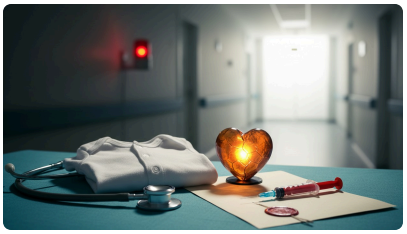

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